

RULES OF THE SCHOOL BOARD OF PALM BEACH COUNTY, FLORIDA

Title 6Gx50

Chapter 2. General Administration

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Policy 2.035 Wellness Promotion

Purpose

1. This Policy is intended to fulfill the requirement under Public Law 111-296 (42 U. S.C. § 1758b) and Florida Statutes Section 1003.453(1) that school districts shall have a local "school wellness policy" to promote student health, safety and the reduction of childhood obesity, as well as to promote wellness for District employees.

Policy

2. The District school system will engage students, parents, teachers, food service and school health professionals, school and district administrators, the School Board, and other interested community members to participate in implementing, monitoring, and periodic reviewing and updating District-wide nutrition and physical activity policies, and recommending the development of amendments to this Policy or the development of additional wellness policies.
3. The Board is committed to providing a school environment that enhances learning and development of lifelong wellness practices. The District school system shall promote school environments that encourage and protect children's health, well-being, and ability to learn, by supporting healthy nutrition and physical activity.
4. The school environment should be safe, comfortable, and aesthetically pleasing; and schools should allow ample time and space for students to receive and consume meals.
5. Food and/or physical activity should not be used as a reward unless for behavior management. Additionally, food and/or physical activity must not be used as a punishment. These statements, however, are not intended to prohibit or limit such school activities as student recognition activities or events, or extra physical activities such as field trips that would involve student's participating in physical activity.
6. The school environment must be free of alcohol and illegal drugs and tobacco products as set forth in federal and State law, as well as School Board [Policy 7.19](#). All school employees should promote student substance use prevention by providing a clear no use message.
7. Child Nutrition Programs in the District shall comply with federal, state, and local requirements. Qualified child nutrition professionals shall provide healthful foods that are affordable, nutritious, appealing, and are accessible to all children. Child Nutrition Programs shall promote good health to foster student attendance and education.
 - a. To the maximum extent practicable, all schools in the District will participate in available federal school meal programs (including the School Breakfast Program, National School Lunch Program (to include after school snacks), Summer Food Service Program, and Child and Adult Care Food Program).
 - b. Child Nutrition Programs shall comply with federal, state, and local requirements for food safety and security guidelines to include: Hazard Analysis and Critical Control Points (HACCP), Department of Education, Department of Agriculture and Consumer Services procedures, the Palm Beach County Health Department inspections, and ServeSafe.
8. Sequential and interdisciplinary nutrition education should be provided and promoted, in accordance with the Goals and Objectives referenced in paragraph 12 within this Policy.
9. In addition to providing healthful meals in the cafeteria, schools should also promote wellness by including more healthful selections when foods or beverages are otherwise available on campus during the school day (e.g., in vending machines, concession stands, a la carte, student stores, parties/celebrations, or fundraisers), consistent with the "Healthy, Hunger-Free Kids Act of 2010",

health information in the USDA Dietary Guidelines for Americans (at [Dietary Guidelines](#)) and consistent with 42 U.S.C. §§ 1758 and 1766 and 42 U.S.C. §§ 1773 and 1779.

10. Schools should instill patterns of meaningful physical activity connected to students' lives outside of physical education; and all school-based activities, to the extent practicable, should be consistent with the wellness goals of this Policy and [Policy 8.025](#) on Physical Education.
11. The Superintendent will ensure compliance with the Board's nutrition and physical-activity wellness policies through the designated employees. The Superintendent hereby designates the School Food Service Director to oversee the implementation and evaluation of the Wellness Promotion Policy. Each principal shall designate an Assistant Principal and Wellness Champion at each school, to ensure that the schools comply with this Policy.
12. The Superintendent or designee will utilize a plan for measuring and providing an assessment of the implementation of this Policy, as outlined in the [Wellness Promotion Goals and Objectives](#) incorporated herein by reference as part of this Policy. The Superintendent or designee shall recommend revision of this Policy as needed and shall develop work plans to facilitate implementation.
13. The Superintendent or designee will prepare a summary report annually on District-wide compliance. The annual report will be provided to the School Board and also distributed to the School Health Advisory Council (SHAC), parent/teacher organizations, parent/teacher associations, school principals, school health services personnel in the District, and community partners. This annual report will inform and update the public (including parents, students, school staff and others in the community) about the content and implementation of the District's wellness promotion policies.

This annual report will include:

- a. the extent to which schools under the jurisdiction of the District are in compliance with the local school wellness policy;
 - b. the extent to which the District's wellness policy compares to model local school wellness policies; and
 - c. a description of the progress made in attaining the goals of the District's wellness policy; and
 - d. the designation of one (1) or more District or school officials, as appropriate, to ensure that each school complies with the local school wellness policy.
14. Additionally, the School District will encourage the promotion of good health and well-being of every staff member by enlightening the awareness and support of healthy lifestyles.
 15. The District will work with the community to support students walking and biking safely to and from schools. The District will also continue to pursue grants that will fund infrastructure and programs that encourage students to walk or bike safely to schools.
 16. The District supports and promotes the idea of individual environmental stewardship.
 17. The Guidelines and any PBSO forms that are mentioned within the District's Wellness Promotion Goals and Objectives are incorporated herein by reference as part of this Policy and will be made available through the District's Public Affairs Department. The PBSO forms can be located on the [District's forms web site](#).

STATUTORY AUTHORITY: Fla. Stat. §§ [1001.32\(2\)](#); [1001.41\(1\) & \(2\)](#); [1001.42\(25\)](#); [1001.43\(1\) & \(6\)](#)

LAWS IMPLEMENTED: Fla. Stat. §§ [1001.32\(2\)](#); [1001.41\(3\)](#); [1001.42\(8\) & \(16\)](#); [1003.453](#); [1003.455](#); [42 U.S.C. § 1758b](#)

HISTORY: 5/31/2006; 7/9/2008 (as Policy 1.11); 9/30/2009; 5/16/2012